

Your Bump and Beyond

FREE Antenatal classes for first time expectant parents

in Hillingdon run over 5 weeks.

In partnership with Midwifery & Health Visiting Teams



A fun and interactive 5-week course

Learn about babies' developmental stages, the birth, caring for your baby, your health and wellbeing & meet other parents to be

To Book please call your local Children's Centre

South East Locality (Hayes) – 01895 556092

South West Locality (Uxbridge, Yiewsley & West Drayton) – 01895 250393

North (Harefield, Ruislip, Eastcote) – 01895 556682

Get practical and factual advice for your parenting journey



**Central and
North West London
NHS Foundation Trust**



**The Hillingdon Hospitals
NHS Foundation Trust**

HILLINGDON
LONDON